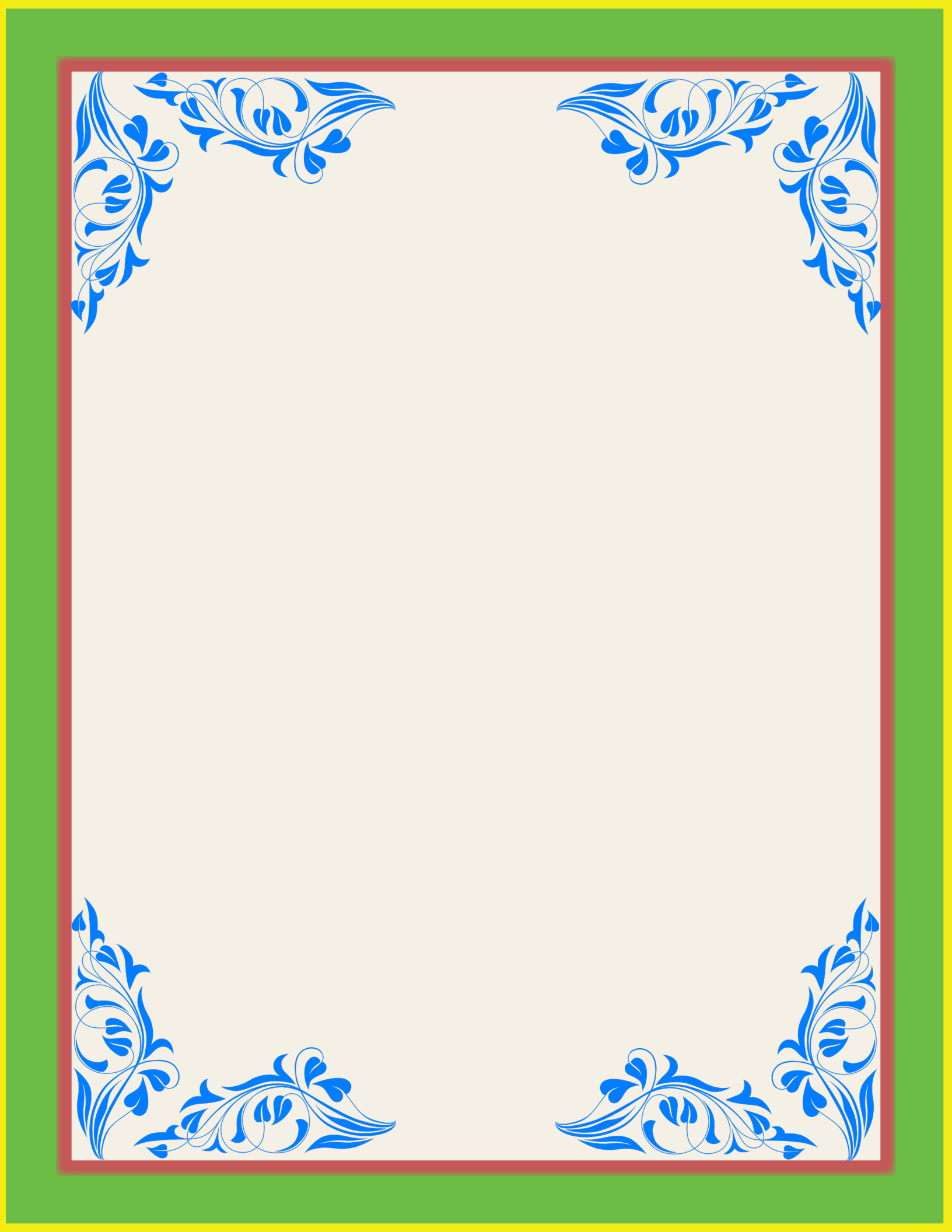

30 Mins

Tabbouleh

History

Originating from the mountains of Lebanon and Syria, Tabbouleh has become one of the most popular salads in the Middle East. One of the essential ingredients of Tabbouleh, burgul, was originally made using wheat cultivated within the Beqaa Valley region of Lebanon.

Ingredients

For this recipe you will need:
- 1 head of parsley
- 2 tomatoes
- 2 large lemons
-1/4 cup Olive oil
-1/3 cup burgul
-1 green onion

Instructions

Start by cutting the head of the parsley, tomatoes, and green onion into very small pieces and transferring them into a large bowl. In a seperate container, add a 1/3rd cup burgul and let it soak in boiling water. After a couple minutes, the burgul should be ready to be placed in your main bowl. In another bowl, squeeze the juice out of your 2 large lemons and pour in a 1/4th cup of olive oil. Add salt to this mix and whisk it. Once you are done, you can pour in the dressing to your main bowl and mix until all the ingredients are well combined. Now the Tabbouleh is ready to eat, but if you would like to eat it the traditional way, this dish can be served with lettuce to use the Tabbouleh as a dip.

Nutrition Facts

Per Serving (4 per batch)
Calories: 165
Carbs: 10g
Protein: 2g
Fat: 13.5g

15 Mins

Hummus

History

There are many supposed origins of Hummus, with the earliest mention of it coming from a cookbook made in the 13th century. Though not strictly Lebanese, Hummus is a delicious appetiser that is enjoyed all throughout the Middle East and other parts of the world.

Ingredients

For this recipe you will need:
- A blender/food processor
- 1/2 cup of tahini
- 2 large lemons
- 1 1/2 cup of cooked chickpeas
- 1 clove of garlic

Instructions

Start by adding 1/2 cup of tahini and the juice from the 2 lemons into your blender/food processor and blend for a minute. Once your tahini and lemon juice mix is creamy, drain the water out of your cooked chickpeas and add them to your blender/food processor along with the garlic clove. Optionally, you can add an ice cube to make your hummus more creamy. Blend until you are satisfied with the consistensy and serve in a bowl along with flatbread to dip with.

Nutrition Facts

Per Serving (8 per batch)
Calories: 137
Carbs: 10g
Protein: 5g
Fat: 9g

1 Hour

Pao de Quejo

History

In around the year 1700, 20% of the Brazilian population, mainly slaves, lived in Ouro Preto to work in the recently discovered mines. Since wheat was not available in the area, local chefs made a type of bread using starch (tapioca flour) shown to them by the Tupiniquins indigenous groups. It was only later in the 19th century that grated cheese would be added to this bread, establishing the basis of the largely adored Brazilian appitizer.

Ingredients

For this recipe you will need:

- 1 cup grated Parmesan cheese
- 1 1/4 cup of any other cheese of your choice
- 1 cup full-fat milk
- 1/4 cup vegetable oil (plus extra for oiling hands)
- 2 large eggs
- 2 cups of tapioca flour
- 2 teaspoons salt

Instructions

Start by preheating your oven to 175°C. In a large bowl, mix the tapioca flour, milk, and salt. In a saucepan, add in the milk and olive oil. Once it is simmering, remove it from the heat and pour it into the bowl with tapioca flour and stir until combined. Allow the mixture to cool for 5-10 minutes until it is cool to the touch. Using a spoon or your hands, mix in the eggs one at a time. Then, add in the Parmesan cheese and the other cheese of your choice and continue to mix with a spoon or your hands until fully incorperated. Lightly oil your hands to prevent sticking and roll tablespoon sized portions of the dough into balls, placing each on a baking tray with about 2 inches of space away from each other. Place your baking tray into your oven and wait 30-35 minutes or until the cheese breads are light gold and puffed

Nutrition Facts

Per Serving (20 per batch)

Calories: 136 Carbs: 13g

Protein: 5g Fat: 7g

Bife a Parmegiana

History

This dish originating from Sao Paolo is a dish enjoyed all throughout Brazil. Due to its name, it is often mistaken as an Italian dish, but is actually a result on the Italian influence on Sao Paolo.

Ingredients

For this recipe you will need:
-2 steaks of your choice
-2/3 cup of tomato sauce
-1/2 cup of breadcrumbs
-2 eggs
-2 1/2 cups of oil
-Salt & Pepper
-2/3 cups of grated mozzerella or parmesan cheese

Instructions

Start by preheating your oven to 220°C. In a high rim frying pan, pour in your oil and set the fire to medium heat. Coat your steaks in a mix of oil, salt, and pepper. Then, beat your 2 eggs in a seperate bowl and coat your steaks in the beaten eggs. Finally, coat your steaks in the breadcrumbs before frying each one seperately until both sides are golden brown and transfer each to one oven tray with tissues to soak up excess oil. Remove the tissues and pour the tomato sauce over the steaks. Then, top the steaks with the grated cheese of your choice. Bake the steaks in the oven for 20 minutes and serve immediately.

Nutrition Facts

Per Serving (8 per batch)
Calories: 760
Carbs: 20g
Protein: 40g
Fat: 59g